

# HAND THERAPY EXERCISE SHEET

Instructions: The following exercises should be done 3-5 times daily, with 5-10 repetitions of each exercise. If you experience an increase in pain that lasts more than one hour after you stop exercising, you have worked too hard. Next time, cut back on the number of repetitions and see if your symptoms improve, If not contact your surgeon or physiotherapist

## Movement exercises:

1. Make these three types of fists with your hand, Open your hand slowly and stretch your fingers as far apart as possible in between each repetition.
2. Touch your thumb to your first finger forming a circle then slowly stretch them apart. Repeat with each finger. After touching your little finger, slide your thumb down to touch the bottom of your little finger.
3. With your forearm supported on a table, palm down, hold your wrist and hand over the edge of the table. Slowly bend your wrist down and up as far as possible while respecting the pain. Keep your forearm flat on the table at all times. Hold your fingers in a loose fist when bringing your wrist up.
4. With your elbow resting on a table, hold your hands with palms together in front of you (prayer position). Keeping palms and heels of hands together, push hands downwards until you feel a stretch.

## Strength exercises:

\*\*\*You may not be able to do all of the repetitions for each strength exercise (below). Use your common sense and build up your exercise tolerance according to your symptoms.

1. Pinch open a clothespin, using your thumb with each finger, one at a time. Maintain a circle. Do not let the fingers flatten.
2. Squeeze either a sponge, playdough or handgrip for 10 seconds.
3. Add a hand weight to movement exercise # 3. Move slowly up and down with the weight in your hand. You can use house hold items such as a can of soup or a shampoo bottle if you do not have a weight at home.

5.



1 HOOK

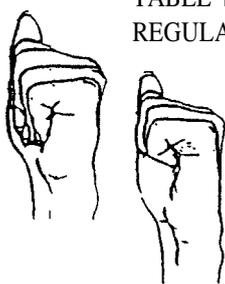
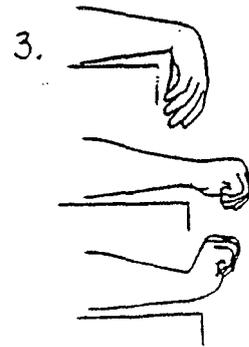
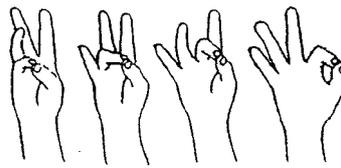
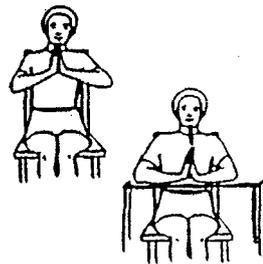


TABLE TOP  
REGULAR



3.

4.



## Strength excercises

